

ABSTRACT

A foot pedal mechanism for an elliptical exerciser comprising a frame. A pair of foot pedals are adapted to each support thereon a foot of the user standing on the elliptical exerciser. A crank for each the foot pedal is operatively connected to a respective one of the foot pedals such that a rotation of each of the crank about an axis of rotation thereof causes a first motion restriction of the respective one of the foot pedals. First linkages interconnect the cranks to the frame such that at least the axis of rotation of each of the crank is displaceable with respect to the frame to cause a second motion restriction of the respective one of the foot pedals. A combination of the first and second motion restrictions results in the foot pedals being restricted to an elliptical path of motion. The cranks are interconnected to synchronize a displacement of the foot pedals with respect to one another along the elliptical path of motion.